

**ABSTRACT OF DISCLOSURE**

A video recording/reproducing apparatus and a method of using the apparatus to display a program list display. The video recording/reproducing apparatus comprises an interface unit installed in a main body, for receiving a user's input signal from an external input device enabling selections of functions supported by the video recording/reproducing apparatus, and a main control unit for displaying guidance information for programs stored in the storage device on receipt of a program list display requesting signal of the video signal stored in the storage device from the external input device, the guidance information including information on a still image extracted from a predetermined part of entire videos of the program. The displayed program guidance information includes still image information of the stored programs, so that the user can perceive the contents of the programs without executing the respective programs.